



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

24 June 2025

DIVISION MEMORANDUM
No. 502 s.2025

PARTICIPATION TO THE PROJECT YAKAP WORKSHOP

TO: Assistant Schools Division Superintendent
Chiefs, CID and SGOD
All Elementary and Secondary Public Schools
School Mental Health Focal Persons
This Division

1. Regarding the OK sa Deped Flagship Program, the Project YAKAP, a meaningful initiative under the District-Wide of Rotary International is conducting a full-day workshop on July 1, 2025, from 9:00am to 5:00pm, at the Audio-Visual Room in the IT Building, Capitol University.

2. Project YAKAP is a symbol of care, connection, and compassion. This activity aims to raise awareness about mental health and breakdown stigma, equip adults with skills to identify and respond to emotional distress in children, and promote resilience among caregivers and foster emotionally safe homes and schools. This event will feature expert-led sessions covering vital topics such as:

- Mental Health 101
- Understanding Children's Mental Health
- Suicide Prevention in Children and Teens
- Emotionally Attuned Parenting
- Self-Care for Caregivers

3. Attached is the identified list of participants from Secondary, Elementary, School PTA representatives, and the letter from the Rotary Club of the Philippines.

4. In adherence to Equal Opportunity Policy (EOP), inclusive and fair treatment are accorded to all participants regardless of age, gender, sexual orientation, disability, religion, and ethnicity.



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (088) 855-0044, (088) 855-0047, (088) 328-2142
Email Address: cagayandeoro.city@deped.gov.ph
Website: <https://depedcdo.net/>

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5. This Office directs immediate and wide dissemination of this Memorandum.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated
Reference: N o n e
To be indicated in the Perpetual Index
under the following subjects:

PROJECT YAKAP MENTAL HEALTH

DM-JJCA /
January 00,0000



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List of Participants for July 1, 2025, for the Project YAKAP

SMHP Focal Persons

- 1. Jeane R. Joson
- 2. Herlie B. Ontoy
- 3. Jacel Jane A. Cadusales

10 Elementary Schools Representative

- 1. Gemalyn K. Valmoria – City Central School
- 2. Jan Irene P.Smith – Iponan ES
- 3. Merla b. Ledesma – Bayabas ES
- 4. Maricy K. Alquizar – Taguanao ES
- 5. Bellesa B. Damasing – North City Central School
- 6. Jay-An U. Nieze – Tablon ES
- 7. Marites O. Lagamon – Bongbongon ES
- 8. Darlene O. Ruiz – Bonbon ES
- 9. Charlyn B. Delos Reyes - West City Central School
- 10. Roussell P. Sumando – Bulua Central School

12 Secondary Schools Representative

- 1. Juvy T. Importante – Taglimao NHS
- 2. Jennifer T. Cabatingan – Angeles Sisters NHS
- 3. Imee Lou Bagabaldo – Iponan NHS
- 4. Christian Simbajon – PN Roa NHS
- 5. Rhea C. Dagondon – Bayabas NHS
- 6. Rizzel Joy Cimacio – San Simon NHS
- 7. Marites E. Bation – Balulang NHS
- 8. Kenneth C. Bete – Carmen NHS
- 9. Beato C. Buot – Bulua NHS
- 10. Susan Donglas – Camaman-an NHS
- 11. Janeth Tamondong – Cagayan de Oro National Highschool
- 12. Myamie G. Dumlao – Kauswagan NHS

5 School PTA Representatives

- 1. Carmen Nationa High School
- 2. Balulang Nationa High School
- 3. Bulua National High School
- 4. Cagayan de Oro National High School
- 5. Bayabas National High School



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Rotary



Club of CDO East Urban

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DepEd Email - CDO

cagayandeoro-city@
deped.gov.ph

June 11, 2025

ROY ANGELO E. GAZO, PhD
Schools Division Superintendent
Department of Education - Division of Cagayan de Oro
Cagayan de Oro City

Dear Dr. Gazo,

We are pleased to present Project **YAKAP**, a meaningful initiative under the District-Wide Kick-Off Project of Rotary International District 3870, organized by the Rotary Club of Cagayan de Oro East Urban (RCEU) in partnership with In Touch Community Services, a non-stock, non-profit organization dedicated to mental health advocacy.

What is YAKAP?

Yakap, meaning "embrace", is a symbol of care, connection, and compassion. This full-day workshop will be held on July 1, 2025, from 9:00 a.m. to 5:00 p.m. at the Audio-Visual Room in the IT Building of Capitol University. It will gather over 70 participants, including parents, educators, school guidance counselors, and community leaders. The event will feature expert-led sessions covering vital topics such as:

- Mental Health 101
- Understanding Children's Mental Health
- Suicide Prevention in Children and Teens
- Emotionally-Attuned Parenting
- Self-Care for Caregivers

Through interactive discussions, guided reflections, and practical tools, we aim to:

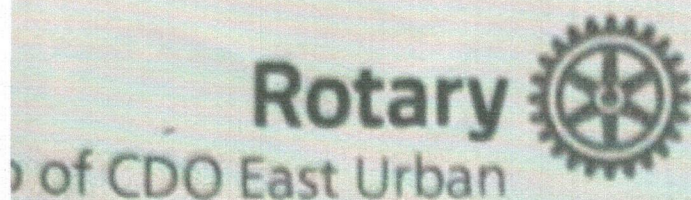
- Raise awareness about mental health and break down stigma
- Equip adults with skills to identify and respond to emotional distress in children
- Promote resilience among caregivers and foster emotionally safe homes and schools

Why It Matters

Children's mental health begins with the emotional well-being of their caregivers. A mother's mental health, supported by her partner and community, plays a crucial role in shaping a child's

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development and emotional security. In today's fast-paced world, where stress and anxiety are increasingly common, it is more important than ever to build a foundation of understanding, empathy, and proactive care.

This project aligns with the United Nations Sustainable Development Goals (SDG 3 – Good Health and Well-being) and supports our district's focus on Maternal and Child Health through community service.

Our partnership with you

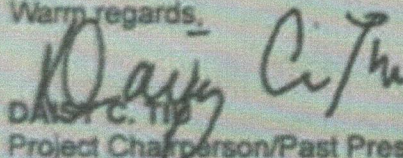
We invite you to join us in making a difference — one family, one classroom, and one community at a time by sending twenty-five (25) participants to the workshop. May we request eligible participants, who may be parents, teachers, and guidance counsellors from public elementary and high schools, to pre-register through the link provided below:

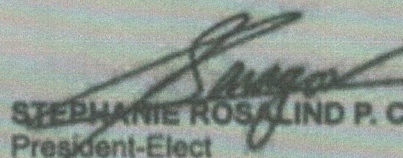
[Click here to open registration form.](#)

Training is for FREE.

Thank you for considering this opportunity to invest in the mental wellness of our future generation.

Warm regards,


DAISY C. TIÑO
Project Chairperson/Past President
Rotary Club of Cagayan de Oro East Urban
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Mobile: 09178110601


STEPHANIE ROSALIND P. CARAGOS
President-Elect
Rotary Year 2025-2026
Rotary Club of Cagayan de Oro East Urban
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